

Volunteer, Inmate Leisure Time & Self-Help Program Inventory 2010

CALIFORNIA REHABILITATION CENTER (CRC) 5th Street and Western Norco, CA 91760		Sandra Buenrostro Community Resource Manager (951) 273-2976
	Name of Program	Summary Description
1	Alcoholic Anonymous (AA)	12-step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life
3	Anger Management	Alternatives approaches to angry and violent behavior
4	Espejo	Inmates meet regularly to share past experiences to help increase their confidence and self awareness
5	Narcotics Anonymous (NA)	12-step recovery program where inmates learn to acknowledge narcotics addiction and the need to live a sober life
6	Toastmasters	A group that teaches the skills to be an effective public speaker while fostering leadership and responsibility

Updated annually in May